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PM frustrated by Homolka's potential pardon

JUSTICE Prime Minister Stephen Harper yesterday bemoaned the fact convicted killer Karla Homolka will be able to apply for a pardon later this year.

The prime minister cited Homolka's looming pardon eligibility as one of a series of frustrations he has felt in the last few weeks about the weaknesses in Canada's justice system.

Harper said the news serial killer Clifford Olson is receiving government pension benefits in prison was compounded by revelations by The Canadian Press that hockey coach Graham James received a pardon for sexual-abuse convictions.

Homolka, who was convicted of manslaughter and served 12 years in prison in the sex-slaying of two girls, is also eligible to apply for a pardon through a system that grants "99 per cent" of applicants their wishes, Harper said.

THE CANADIAN PRESS



Michelle Lyon and Shayne Howe walk out of the Hants County courthouse in this March file photo. The Windsor-area couple, who were the victims of a cross-burning incident in February, say their car was torched on the weekend.

Accused in cross-burning trial pleads not guilty

COURT One of two brothers accused of burning a cross on the front lawn of an interracial couple pleaded not guilty yesterday to a hate crime and other charges.

Justin Rehberg, 19, will go to trial Oct. 18 in provincial court in Windsor.

The case against his brother, Nathan Rehberg, 20, was also in court, but he didn't enter a plea. He returns to court May 18.

The young men from Avondale face charges of public incitement of hatred, criminal harassment, uttering threats and mischief.

Police laid charges in February soon after a cross was burned in an early morning incident outside the home of Michelle Lyon and Shayne Howe in Poplar Grove, Hants Co.

Crown prosecutor Darrell Carmichael told Judge Claudine MacDonald he had to speak to Justin Rehberg's lawyer, Christopher Manning, about a possible agreed statement of facts before Nathan Rehberg's case can move forward.

Outside the courthouse, Carmichael said an issue could be arguments surrounding application of the hate crime law.

"There's not a lot of law on that in Canada," he said.

Howe, who is black, and Lyon, who is white, told reporters they were getting frustrated with court delays.

"It just keeps getting put over... We're tired... We want to see justice served," Howe said.

THE CANADIAN PRESS

Couple's car torched

Cross-burning victims suffer 'direct hit' as vehicle goes up in flames

PAUL MCLEOD
paul.mcleod@metronews.ca

An interracial couple who had a cross burned on their lawn in February discovered their car was torched this past weekend.

Shayne Howe and Michelle Lyon had left a car at a relative's home where it was having work done on it.

Shortly after 2 a.m. on Saturday, the couple got a call that the car owned by Lyon was on fire.

By the time they made

the brief drive down the road, what was left of the Toyota Echo had already been extinguished by firefighters.

"There's nothing. There's no interior, there's no dash, nothing," Lyon said.

"Everything melted, even the windows. It's gone, the whole car is gone."

Lyon said she and Howe were in a state of shock and disbelief.

"I was so upset I couldn't let anybody near me, and I'm a very mild person," she said.

The car did have basic insurance, but Lyon said it

doesn't cover fire.

She believes they won't get compensation for the car or any of the valuables inside it, such as a new children's car seat.

The couple became the centre of media attention in February when a large cross was burned on their yard in Hants County.

Two distant relatives of Lyon's have been arrested and charged with committing a hate crime in relation to the incident.

Lyon said she doesn't know whether the car torching is in some way related to the cross burn-

ing, but she's thought about it.

"It's hard not to think that, only because it was another direct hit towards us," she said.

"But, I mean, it's a suspicious fire. You know, I don't like to point fingers. I believe that the police will do their job in finding out who did it. So I reserve my finger-pointing in any direction."

RCMP wouldn't give any details of their investigation other than to say it's in the preliminary stages. They are asking the public for assistance.



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Local



Woman to receive DUI sentence

A Clayton Park woman will be sentenced on Aug. 20 after pleading guilty to driving impaired twice in a 10-hour span. Diedra Fougere, 50, left, pleaded guilty last week at Halifax provincial court for two counts of impaired driving, one count of failing the breathalyzer and one count of refusing the breathalyzer in connection with two separate incidents on Jan. 5 — the first on Regency Drive in Halifax and the second on the Bedford Highway near Wedgewood Avenue. METRO HALIFAX



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Police on hunt for 3 in bizarre shootout

CRIME Halifax Regional Police are looking for three people after a 23-year-old man was shot in the head with an air pistol and later chased by two men in a bizarre incident in a Halifax neighbourhood.

Police say the victim was walking around Duncan Street and Chebucto Lane around 2 a.m. on Monday when a vehicle pulled up beside him and a woman sitting in the front passenger seat pulled out an air pistol, aimed it at the victim and attempted to shoot.

The gun didn't fire, police say, but the vehicle pulled up beside the victim again and he was shot in the head by the pistol.

The victim wasn't injured and tried to flee the area, but was cut off by the suspects' car. The 23-year-old then jumped on the car to avoid being hit, police say, and after jumping off was chased by two men. The victim was able to escape and called police. "It appears to be random. There's no believed connection between the occupants of the car and this individual," said police spokesman Const. Brian Palmeter, adding the victim appeared to know an air pistol was being pointed at him and not a gun. "I don't think he was in a terrible panic."

PHILIP CROUCHER/
METRO HALIFAX

Heart trouble delays sex-crimes trial

The long-awaited trial of a former Nova Scotia businessman accused of sex crimes dating back to the 1970s was delayed yesterday because the defence attorney is in hospital with a heart problem.

Justice Simon MacDonald rescheduled the Nova Scotia Supreme Court trial to July 5 in Port Hawkesbury because of David Bright's illness.

Brian Casey, a lawyer who is assisting Bright in the trial, said in court that

First one

- The trial is the first of two for Ernest Fenwick MacIntosh. The first involve three of the six complainants and is scheduled to last seven days.
- MacIntosh was in court yesterday to hear of the delay. He is on bail and residing in the Halifax area.

his colleague was in intensive care in Halifax and was expected to be off work for six to eight

weeks. "That's as much as I can forecast," Casey told MacDonald during a brief hearing. "I've had information from his wife but I haven't been able to speak to him."

Casey said "nobody else can proceed on this matter" for the defence at this time because Bright was the lawyer preparing MacIntosh for the trial.

Ernest Fenwick MacIntosh was accused in 1995 of engaging in sex acts

with six boys between 1970 and 1977 in a number of communities in eastern Nova Scotia. MacIntosh spent 13 years in India before he was arrested in 2007 and charged with 36 sex-related offences.

In February, lawyers for MacIntosh argued the case should be stayed because of delays in the proceedings. Joseph Kennedy, chief justice of Nova Scotia

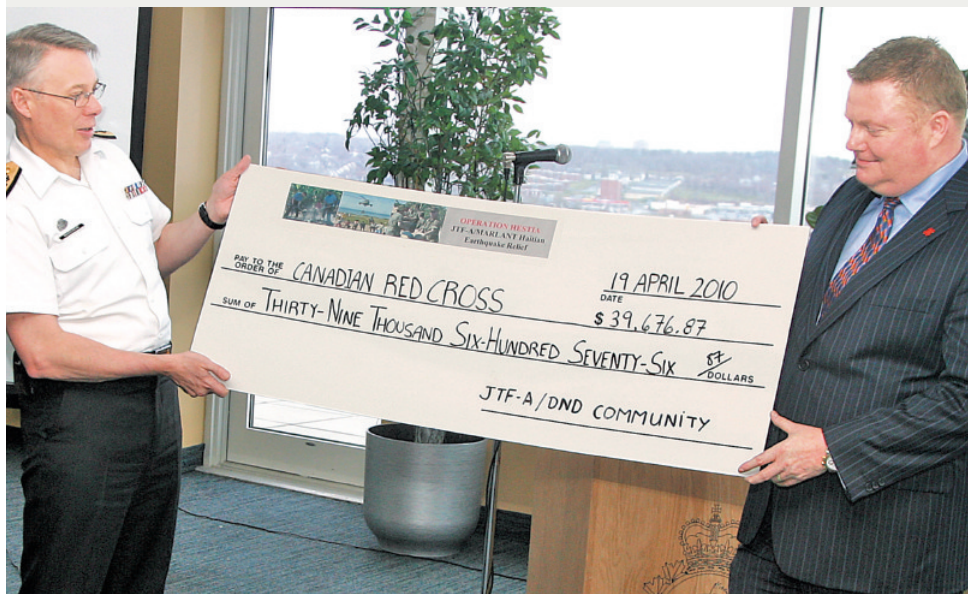
Supreme Court, refused on March 22 an application to throw out the trial. He ruled MacIntosh had been largely responsible for the slow pace of his trial because he didn't quickly return to Canada to face the charges.

MacDonald said yesterday he's concerned with the further delay but added it's unavoidable.

"As I've indicated in the past in this matter, we've got to get this matter to trial," he said.

THE CANADIAN PRESS

CFB Halifax Generous gift



Rear Admiral Paul Maddison presents Gavin Giles, president-elect of the Atlantic zone council for the Canadian Red Cross, with a cheque for just under \$40,000 for Haitian relief efforts at CFB Halifax yesterday. The money was raised over the last two months by members of the military and their families.

Foul play not a factor in jail death, say police

BURNSIDE Foul play isn't suspected in the death of an inmate at the Central Nova Scotia Correctional Facility in Burnside this past week weekend.

Halifax Regional Police are investigating the death of 31-year-old Daniel Nowogorski, who was found dead inside the jail on Saturday. The Nova Scotia Justice Department says foul play isn't suspected.

Police spokesman Const. Brian Palmeter said anytime there is a sudden death other than at a hospital, police look into the matter.

"We still do an investigation, but at this time the investigation is showing this is not foul play," he said.

The Justice Department says Nowogorski was sent to the correctional facility on Friday on a parole suspension and remanded on two counts of robbery.

PHILIP CROUCHER/
METRO HALIFAX

Name of cabbie killed in crash released

ALEX BOUTILIER
for Metro Halifax

ACCIDENT Halifax RCMP released the name of the taxi driver who died on Sunday in a car accident on Highway 102 near Halifax Stanfield International Airport. Olmedo Enrique Cordoba, a 51-year-old from Dartmouth, was killed when his cab attempted to make a U-turn and was struck by another vehicle travelling in the same direction.

"We're very upset about

it. Olmedo was a really nice guy," said Kim Demont, manager of Dartmouth-based Bob's Taxi, the company Cordoba drove for. "It's pretty devastating. He's got a wife and three kids."

The taxi had two occupants inside and was travelling north on Highway 102 when police say Cordoba attempted to make a U-turn. The cab was cutting across the northbound outside lane when it was struck on the driver's side door by a Mazda 5, also

"(He) was always smiling."

Kim Demont,
manager, Bob's Taxi

travelling northbound.

Cordoba was pronounced dead at hospital. The car's passenger was listed in serious condition at the QEII Health Sciences Centre in Halifax. The driver of the Mazda escaped with minor injuries.

According to Demont,

Cordoba is originally from Columbia and was living in Dartmouth.

He had only worked for the company for half a year, but Demont said he had made a few good friends, especially the other drivers of Columbian descent. "(He) was always smiling. A really nice guy," she said.

The accident is still under investigation. Halifax RCMP spokesman Cpl. Joe Taplin said road conditions may have been a factor as there were heavy flurries.

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Stairs undergoing repairs

Repairs are taking place on the stairs from Argyle Street to Grand Parade over the next two weeks. HRM announced yesterday the stairs need urgent repairs and it's expected the work will be complete by May 1. A temporary set of steps will be put in place. **METRO HALIFAX**

Hop, skip and jump for deals

More studies planned to track cross-border shopping with N.B.

PAUL MCLEOD

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A new study of cross-border shopping with New Brunswick shows there is cross-border shopping with New Brunswick.

There were few surprises contained in the \$14,810 study from Thinkwell Research commissioned by the Nova Scotia government.

But the poll of 400 people from both Cumberland County and Westmorland County in New Brunswick quantifies the phenomenon of cross-border shopping within 4.9 percentage points, 19 times out of 20.

Among the findings are

What the study found

- Just over one-quarter of Cumberland residents say they make 25 per cent or more of their purchases in New Brunswick
- Nearly half of respondents travel to New Brunswick to shop at least a few times per month.
- For routine items, the main difference found was price. For major purchases, price was tied with the variety of

selection.

- 80 per cent of cross-border shoppers head to the Moncton area. Only 18 per cent hop over to Sackville.
- Only 12 per cent of Westmorland County, N.B., residents travel to Nova Scotia to shop regularly.
- Three in 10 Cumberland respondents say they shop more in New Brunswick than they did three years ago.

about half of Cumberland residents shop in New Brunswick a few times a month, with price and proximity to Moncton being major factors.

Finance Minister Graham Steele said the study gives a "baseline" of cross-border shopping before the two-point HST hike in Nova Scotia. He plans more



Graham Steele

studies at six-month intervals to chart any HST effect. "I don't want to proceed on the basis of anecdotes or feelings," said Steele.

"I think the discussion is much better if it's based on the facts."

Steele couldn't say what policy impact could come from the study, or if there even is any solution to the issue. But he said if a major increase in trips to New Brunswick is detected, the government may need to take steps to combat the trend.

Be careful where you buy your pup: SPCA

DOGS The Nova Scotia SPCA is cautioning potential puppy owners against buying from sketchy sources. SPCA executive director Kristin Williams said her organization has fielded a number of complaints recently from duped dog owners in the Halifax Regional Municipality who purchased sick or unvaccinated pooches.

"(Owners) are learning after the fact that the animal is either sick, very, very young, (has) not been tested for specific genetic markers for disease and illness, (or) hasn't received any vaccinations," Williams said. "Obviously that's very concerning."

Williams said reputable breeders will invite buyers into their homes or breeding facilities, will provide breeding history and medical information for the animals, and will want to meet with buyers before agreeing to sell a dog.

On the other hand, un-reputable breeders, she said, often set up shop in mall parking lots, market places and online classifieds. Williams said these vendors typically sell puppy-farmed animals without medical histories or vaccinations.

"It really is a 'buyer-be-aware' market," Williams warned. Williams also said it's somewhat of a popular misconception that reputable breeders have higher prices than their less-than-reputable counterparts. She said even if puppies are sold at a premium, the savings may be offset by medical expenses down the road.

ALEX BOUTILIER/
FOR METRO HALIFAX

Suspected drunk driver leads RCMP to grow-op

DRUGS The weekend arrest of a suspected impaired driver in Beaver Bank has led to the discovery of a marijuana grow-op in a home.

Mounties say officers observed a suspected impaired driver on the Beaver Bank Road early Saturday morning and turned on the cruiser's lights and siren, but the accused didn't stop.

The driver eventually pulled into a residence on the Beaver Bank Road and ran into a concrete barrier in the driveway.

As he was being arrested for impaired driving, police found hydroponic growing items inside the vehicle and could smell fresh marijuana inside the garage.

Officers seized marijuana, marijuana plants and growing equipment from the garage.

A 23-year-old male will appear in court at a later date.

THE CANADIAN PRESS

Riding ring Horseplay



Horses play around in the Halifax Junior Bengal Lancers riding ring yesterday during what was cool, damp day.

Suspect arrested in robberies

CRIME A 26-year-old man with several robbery convictions has been arrested in relation to two robberies in HRM last year.

Police arrested Morris James Lanceleve, who has lived in various parts of the province including Halifax, on Friday as he was being released from the Atlantic Institution — a federal prison in Renou, N.B.

Police say the robberies took place within a week of each other. The first incident was at the Royal Bank on Quinpool Road on Aug. 26. On Sept. 1, another robbery took place at

the Scotiabank on Sackville Drive.

Lanceleve appeared in Halifax provincial court yesterday for a show cause hearing, which was put over until May 25. Lanceleve has been remanded to the Burnside jail.

In 2007, Lanceleve was sentenced to a three-year federal prison term for a robbery involving an iron pipe at a Subway restaurant in East River, Pictou County.

He was sentenced to 42 months in jail for another robbery in 2003.

PHILIP CROUCHER/METRO HALIFAX

News in brief

ASSAULT A man is facing assault and weapons charges after a woman reported being attacked in her home Sunday. Halifax RCMP say they were called to Walker Connection Road in Lower Sackville after

the woman reported being assaulted and threatened by a man with a gun who also lives in the residence. Police seized two firearms. A suspect was to appear in Dartmouth provincial court yesterday. **METRO HALIFAX**

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celebrate remember fight back

Enid Melda Hare, 71, has been identified as the victim of a fatal highway crash last week. Hare died at the scene of the crash on Highway 107 near Porters Lake on Friday afternoon. She was driving a car that collided with a sport utility vehicle. **METRO HALIFAX**

Comedians ready to stand up for the laughs

Ontario's 'very honest' DiGiovanni faced her stage fright a decade ago and hasn't looked back



Debra DiGiovanni, shown in this file photo from the 2008 Halifax ComedyFest, is returning to the festival again this week. The four-day festival begins tomorrow.

PHILIP CROUCHER
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Debra DiGiovanni isn't one to brag.

But the well-known Canadian comedian does every once in a while and allows herself a well-deserved pat on the back.

"There's that moment of 'wow,'" the 38-year-old says when looking at how her career in comedy has taken off.

It was just 10 short years ago DiGiovanni, one of the featured performers for this week's Halifax ComedyFest 2010, was — as she puts it in her popular sarcastic tone — "working a job, hating my life and not knowing what to do."

The Windsor, Ont. native always thought about a career in comedy, but admits she "was too scared" about doing standup.

Finally, DiGiovanni decid-

Funny times

• Halifax ComedyFest 2010 runs tomorrow through Saturday at various venues in Halifax. For complete details, including the comedic lineup and schedule, visit halifaxcomedyfest.ca.

ed to put her fears aside and go for it. She quit her job, enrolled in the one-year

Comedy, Writing and Performance program at Humber College in Ontario and has been laughing all the way to the bank ever since.

"I feel lucky. The stars aligned for me," she says in an interview with Metro last week. "It was a large portion of luck and timing."

Now, DiGiovanni headlines standup shows across

the country, was named best female comedian at the 2009 Canadian Comedy Awards and is a TV star to boot. She was a top-10 finalist on the NBC hit series *Last Comic Standing* in 2007 and remains a mainstay on MuchMusic's hit show *Video On Trial*.

"It's a huge portion of why I am where I am," she says of her TV success.

DiGiovanni describes her comedy style as "personality driven" and "very honest."

When she started, DiGiovanni didn't expect her comedy to be mostly about herself, but she found success with it and kept it going.

"That's just how it came out when I went on stage," she says laughing.

"It's just all about me. It's really shameful."

"I feel lucky. The stars aligned for me."

Debra DiGiovanni

So-called greatest sports reporter pokes fun at own life on stage

STANDUP There are several things you might not know about comedian Gerry Dee.

Did you know the 41-year-old married father of two spent 10 years as a high school gym teacher before making a full-time career in comedy?

And did you know the Toronto born-and-raised Dee also has ties to Nova Scotia? Dee's wife is from Glace

Bay and he studied education at St. Francis Xavier University where he also played one season for the hockey X-Men in 1992-93.

"For me, I started out really well and then by the end of the season I was on the fourth line," Dee recalls of his playing days at St. F.X.

"I was a real big contributor," he adds sarcastically.

Dee, one of the featured performers at this week's Halifax ComedyFest 2010, is still very much involved in sports — just not as a player.

Dee is probably best known for his role as the so-called greatest sports



Gerry Dee

"If they're laughing at me on air, they're going to be laughing more at my standup."

Gerry Dee.

reporter on The Score, which regularly sees him poke fun at professional

athletes, with a cocky style and arrogant wit.

"Chris Chelios is the only guy that I actually had to come out of character and do a regular interview with because he was really pompous about it," says Dee, who has interviewed the likes of Wayne Gretzky and Charles Barkley.

"I could just tell by his personality that he wasn't

messing around."

Dee says his standup style is much different than his portrayal on TV. On stage, Dee loves to joke about his family, his past partying days and his former life as a gym teacher.

"If they're laughing at me on air, they're going to be laughing more at my standup," he says.

PHILIP CROUCHER/METRO HALIFAX

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PHILIP CROUCHER
philip.croucher@metronews.ca

AIRWAYS Two flights were cancelled between Halifax and St. John's early yesterday.

Halifax Stanfield International Airport spokeswoman Ashley Barnes said they weren't given a specific reason from St. John's as to why two flights were cancelled, but added everything was quickly back up and running by mid-morning.

"I can't say even for sure if that was due to the volcanic ash, the weather or what," Barnes said.

"We don't get the exact reasons as to why ... but the disruption was very minimal."

St. John's was reporting most delays from the Newfoundland and Labrador capital were due to heavy fog over the threat of volcanic ash from Iceland.

As well yesterday, Nova Scotia's only daily flight to Europe from the Halifax airport to Heathrow Airport in London was cancelled again because of the volcanic ash.

Those flights have been grounded since Thursday and Barnes couldn't specify when the flight would be back up and running.

News in brief

UNDERSIZED FISH A Nova Scotia fishing captain has been fined \$8,000 for possessing undersized fish. Arnold Cory Atkinson, 34, of Shag Harbour, Shelburne County, pleaded guilty in a Yarmouth court yesterday to having 46 undersized halibut on his

boat in March 2009. He was arrested by federal Fisheries Department officers in West Pubnico. The officers were acting on a tip from the public. The judge also ordered the forfeiture of Atkinson's catch of 227 kilograms of fish.

THE CANADIAN PRESS

Winter Games legacy on track, says CEO

ALEX BOUTILIER
for Metro Halifax

MEETING With 10 months before the opening ceremonies of the 2011 Canada Winter Games, CEO Chris Morrissey is focusing on the lasting legacy of the event for Halifax and surrounding areas.

At a breakfast meeting yesterday at the Atlantica hotel, Morrissey said \$9.6 million has already been spent on local capital projects, including upgrades to two ski hills, the Halifax Forum and other facilities around HRM.

The number includes a \$1-million contribution towards the new \$40-million Canada Games Centre in Clayton Park.

The two ski hills — Ski Martock and Ski Wentworth — received around \$4 million each.

Morrissey said while both facilities are privately

February 2011

• The Games take place from Feb. 11 to 18 and will draw between 10,000 and 20,000 people, including athletes, coaches and spectators.

owned and operated, the public should also receive some benefit.

"There's a reciprocal relationship," Morrissey said. "What are they going to do for amateur sport moving forward? And also for the general public?"

Morrissey said an additional \$5 million has yet to be spent on capital projects, including the long-track speed skating oval on the North Common.

Morrissey said an updated economic impact analysis is currently being conducted and will be released in four to six weeks.

Previous estimates had the Games generating between \$70 and \$90 million.

Lap-dancing teachers both out of work

Two Manitoba high school teachers whose enthusiasm at a pep rally morphed into a mock lap dance that became an Internet sensation are now out of jobs. The chairwoman of the Winnipeg School Division said teacher Chrystie Fitchner's resignation was accepted yesterday while the short-term contract for Adeil Ahmed expired and would not be renewed. **THE CANADIAN PRESS**

5

Canada



Liberals aim to save long-gun registry

Liberal Leader Michael Ignatieff says he'll require his caucus to oppose the next vote to scrap the controversial long-gun registry. The move aims to save the registry and avoid a split in the Liberal ranks after some opposition MPs voted for the government legislation last time around. To make it more palatable to his MPs — especially those from rural areas — Ignatieff says he'll propose changes to the registry, including decriminalizing the failure to register long guns. **THE CANADIAN PRESS**

Jaffer set to testify

NDP fail to block ex-MP's committee appearance

Rahim Jaffer is to speak publicly for the first time this week about the allegations of improper lobbying that hang like a cloud over him and his young consulting business.

The NDP had tried unsuccessfully yesterday to thwart their appearance at a Commons committee, their appetite for the scandal suddenly waning.

Jaffer's business partner at Green Power Generation, a company that promotes sustainable technologies and renewable en-

ergy projects, said they were anxious to address the allegations of unregistered lobbying with the Conservative government. "We want to get this thing over with," Patrick Glemaud said of the appearance at the government operations committee Wednesday.

"Our concern is that we want to be treated fairly, and our concern is we want to be sure that there's a notion of natural justice, especially since the Liberal party already made a request of the commissioner of lobbying to do an investigation, and this committee is talking about the same topic."

NDP's Pat Martin had questioned the usefulness of the "circus" that would take place before the RCMP, ethics and lobbying commissioners could conduct their own investigations. But ultimately his bid to stop the appearance did not make it to a vote at the committee late yesterday, as the Liberals filibustered. **THE CANADIAN PRESS**



Jean 'lances Congo's biggest boil' in tough talk on systemic rape.

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Ontario Soldier brought home



The casket of Pte. William Tyler Todd is carried at his funeral yesterday afternoon at Plattsville Missionary Church in Plattsville, Ont., a suburb of Kitchener. Todd was killed in a roadside bomb blast in Afghanistan over a week ago.

Volcanic ash no threat to Eastern Canada: Officials

METEOROLOGY Concern that a volcanic eruption in Iceland could have an impact on Eastern Canada diminished greatly yesterday with data that suggested no significant ash in the atmosphere east of Newfoundland.

The Canadian Meteorological Centre in Montreal also said the Eyjafjallajökull volcano, which erupted April 14, sending a massive ash plume into the sky, appeared to be settling down.

"Based on satellite imagery and reports from pilots, there's no evidence of any significant amount of volcanic ash west of a line that runs through Iceland," said Richard Hogue, the centre's director of national prediction operations. **THE CANADIAN PRESS**

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New Zealand reverses stance

New Zealand yesterday announced its support for a UN declaration protecting the rights of more than 370 million native peoples worldwide. **THE ASSOCIATED PRESS**

7

World

Yes-fly zones

More European flights should hit the skies today

European officials carved up the sky yesterday, creating three zones to more quickly break the flight deadlock caused by volcanic ash flowing from Iceland over Europe. Many more flights will be able to take off today, the officials said.

European countries can resume airline traffic in designated "caution zones" where the threat of ash is considered less dangerous, French officials said after a meeting of the European Union's 27 transport ministers.

Under the accord, one area — defined by the European air traffic control agency Eurocontrol — will remain entirely off limits to flights.

Another area will be open to all flights and a third area will be a caution zone in which some flights will be allowed.

Jean-Louis Borloo, the No. 2 French cabinet official, said flights in the caution zone will be "very secure" with many tests to make sure jet engines are not damaged by ash.

EU Transport Commissioner Siim Kallas said after a videoconference with EU transport ministers and



The eruption of the Eyjafjallajökull volcano in Iceland has entered a new phase — producing less smoke but bubbling with lava. Low-energy lightning is sometimes active during eruptions, arcing between particles as they exit the volcanic vent.

industry officials that "the decision increases air space available to air traffic. This is the final outcome."

The EU said as of this morning "we should see more planes starting to fly."

As airline losses spiralled over \$1 billion, the aviation industry blasted European officials, claiming there was "no co-ordination and no leadership" in the crisis that shut down most European airports for a fifth day.

THE ASSOCIATED PRESS

Pain in the ash

- Less than one-third of the 28,000 scheduled flights took off yesterday in Europe.
- The crisis is costing the airline industry at least \$200 million a day, with some estimates putting the figure at as much as \$300 million.
- Hundreds of thousands of passengers have been stranded worldwide as a result of the eruption, the volcano's second in a month.

Forces kill Iraqi al-Qaida leaders

BAGHDAD U.S. and Iraqi forces killed the two top al-Qaida figures in the country in a nighttime rocket attack on a safe house near Saddam Hussein's hometown of Tikrit, a joint operation the U.S. called a significant blow to the insurgency and a sign Iraqi security forces are strengthening.

Al-Qaida in Iraq has remained a potent force, seeking recently to sow chaos after the March 7 elections and ahead of a

Court orders recount

- An Iraqi court yesterday ordered a recount of more than 2.5 million votes cast in the March parliamentary election,

a decision that could tilt the results in favour of Prime Minister Nouri al-Maliki and inflame sectarian tensions.

planned U.S. troop withdrawal. The terror group has shown a remarkable ability to change tactics and adapt despite repeated blows to its leadership.

Iraqi Prime Minister Nouri al-Maliki announced the killings of Abu Omar

al-Baghdadi and Abu Ayyub al-Masri at a news conference in Baghdad and showed reporters photographs of their bloody corpses. The deaths were later confirmed by U.S. military officials.

THE ASSOCIATED PRESS

News in brief

TEMPERS It's not just the airlines feeling the pressure as a result of the volcanic ash crisis. Stranded travellers are piling into buses, trains and high-priced taxis in a frantic scramble to accomplish an increasingly tricky mission: Escape from Europe. Monstrous lines filled the departure termi-

nals at Madrid's Barajas Airport, with many telling stories of grueling road trips to get there. Spain is one of the few European countries unaffected by the ash cloud drifting across the continent.

THE ASSOCIATED PRESS



What do rose farmers have to do with an Icelandic volcano?

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Comment

Hurricane Helena not the big story

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

All the sound and fury over the Helena Guergis affair, which may turn out to signify nothing, or very little, has served to camouflage matters more serious.

The story to watch this week is not Hurricane Helena. It is a likely historic decision by House of Commons Speaker Peter Milliken on executive power versus parliamentary power.

In many cases, the Harper government has been able to stay out of trouble by shielding information from the public eye. There are indications that it might soon pay the price. Milliken will rule on the prime minister's bid to defy the will of Parliament in blocking the

Commons' request for documents on the Afghan detainees affair.

The Conservatives have thus far only released heavily censored documents. They argue that to release them would jeopardize national security. It's a convenient rationale and has been used and likely abused countless times on countless issues.

If Milliken rules in favour of the rights of Parliament, it could lead to a devastating string of embarrassments for the government.

Recent testimony from a number of sources suggests strongly that contrary to what the government has been saying, it knew prisoners taken by Canadian soldiers were turned over to Afghan authorities for torture. Chances are good the uncensored documents will prove this. That would mean the government would be caught red-handed in having repeatedly misled Parliament with its statements on the matter. It would mean it could be found to have violated the

Geneva Conventions and potentially face charges of war crimes.

A related question of legalities is confronting the Harper team. Evidence is accruing to the effect that political operatives may have instructed civil servants to block the release of documents requested under the Access to Information Act. If such were the case, the actions would be a violation of the law. The last thing the government needs now are civil servants blowing the whistle on political ma-

nipulation of the access to information process.

These issues make the shenanigans of Helena Guergis and Rahim Jaffer pale by comparison. The explosive story in Ottawa is not that one. It is secrecy and censorship practised by the government and whether developments in the weeks to come will blow the lid off what it has been doing.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Tune into work or shopping surroundings

InBusiness

Charles
Davies

metronews.ca/inbusiness

For me, a chronic irritant about shopping at my local big box hardware store is the tinny soft rock music that's pumped out of parking lot speakers. It doesn't put me in a mood to buy so much as warn me about the frustration I'm going to face as I stumble around looking vainly for sales help.

But I understand why they do it. I might not like

the offering, but thousands of my fellow shoppers will, and that's going to translate into bigger sales. Whether it's in retail space or the workplace, music has more than charms to soothe the savage beast.

Pleasurable music encourages the brain to boost production of dopamine, improving a person's mood. Innumerable studies show music encourages customers to open their wallets. Alternatively, music can keep unwanted customers away. In the workplace, music can elevate mood, stimulate productivity and induce feelings of job satisfaction.

Music has been in public

spaces for centuries, but it wasn't until the early 1930s when Wired Radio Inc. — later known as Muzak — started piping tunes to customers that music started to become pervasive. Today, Muzak claims more than 100 million workers in more than 12 countries listen to its customized soundtracks daily. A 2008 Harris Poll found nearly one-third of all U.S. employees listen to personal music devices at work.

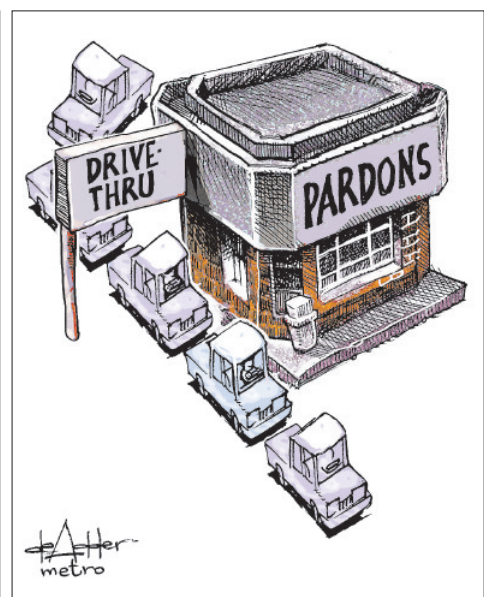
Sometimes, music's effect can be precisely measured. At the University of Leicester in the U.K., for instance, researchers discovered that restaurant patrons would spend 10 per cent more if

there was classical music playing in the background.

Music isn't always a good thing. In industrial workplaces like factories or mines, it can mask dangers. In highly intense jobs like investment banking, an iPod can send the signal that the wearer isn't committed.

But it really does boost productivity. Take this column. It was written in 14 minutes 12 seconds, exactly the amount of time it took for two run-throughs of Derek and the Dominos' Layla.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



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Oil firm picks veteran to take helm

Phoenix Oilfield Hauling Inc., an oil industry services company based in Alberta, says it has appointed energy services veteran Chris Challis as the company's new president and chief executive. **THE CANADIAN PRESS**

9

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Raising rates questioned

It's a minority view, but some economists are advising the Bank of Canada to hold off on raising rates — for a long time.

The reason, says Carl Weinberg of U.S.-based High Frequency Economics, is the Canadian economy is not nearly as strong as recent data suggests and inflation is at acceptable levels.

He says Canada's central bank could easily keep interest rates at record lows until next year and not

Inflation within target range

Statistics Canada reported last month that core inflation rate, which the Bank of Canada watches closely, was 2.1 per cent in February while overall inflation was 1.6 per cent. Both are within the central bank's target range of one to three per cent.

worry about inflation getting out of hand.

That flies in the face of the prevailing view of economists, who believe Bank of Canada governor Mark Carney will start raising rates in July — or possibly even in June.

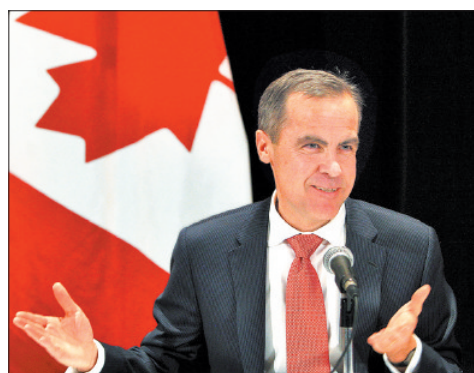
Carney is expected to give a strong hint into his thinking this week, starting today with a scheduled interest rate announcement.

No one thinks Carney will move this week on the policy rate, which is at an emergency level of 0.25

per cent, but the governor is expected to issue a new forecast on both growth and inflation that will tip off when he will act.

Carney made a conditional pledge last spring not to raise rates until the end of the second quarter of 2010 unless inflation becomes a worry.

That's going to be a high hurdle for Carney to jump if he does intend to move early, says Michael Gregory of BMO Capital Markets.

THE CANADIAN PRESS

Bank of Canada governor Mark Carney is expected to show his hand today on whether he believes the economic recovery is rooted enough to withstand an increase in interest rates.

Toyota ages to pay record \$16.4M fine

RECALL Toyota has agreed to a record \$16.4-million fine for its slow response to sticking gas pedals — the equivalent of a little more than \$2 for every vehicle the company sold around the globe in 2009.

But the fine, the maximum under the law, could be simply a downpayment in the long run: The Japanese auto giant still faces dozens of private lawsuits, which have been combined before a federal judge in Santa Ana, California.

"In the court of public opinion, paying the fine speaks volumes. But at the end of the day, the fines are

8 Toyota has recalled more than eight million vehicles worldwide because of acceleration problems in multiple models and braking issues in the Prius hybrid.

simply background noise in terms of the civil litigation," Richard Arsenault, a plaintiff's attorney in Alexandria, Louisiana, said Monday.

Rushing to address new safety concerns, Toyota said it would recall all 9,400 of the 2010 Lexus GX 460s that went on sale in late December.

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TD sees little risk in buying Florida banks

BANKING TD Bank is playing it safe by purchasing the risky assets of three insolvent Florida banks under an agreement with regulators that some analysts say carries minimal downside for the Canadian bank, even if all of the loans were to go sour.

"I look at this type of a deal as very low-risk on what could be considered some high-risk type of assets," said Craig Fehr, a financial services analyst with Edward Jones in St. Louis. "I think that's a nice little jump start for TD, to be able to grow that presence along the eastern seaboard over time."

TD Bank announced last Friday it bought the assets and liabilities of Riverside National Bank of Florida, First Federal Bank of North Florida and AmericanFirst Bank from the U.S. Federal Deposit Insurance Corp.

The FDIC has agreed to share 50 per cent of the loan losses up to specific thresholds at each bank. From that point, the FDIC would handle 80 per cent of the loan losses.

Desjardins Securities analyst Michael Goldberg published a note yesterday that was also optimistic about the agreement.

He noted that TD will only be responsible for at most about \$575 million US of loan losses in the unlikely event that all of the three banks' loans went to zero value.

"TD has acquired these banks' \$3.8 billion US as-

sets at par and is not paying a premium for their \$3.1 billion US of deposits," Goldberg wrote.

The bank is getting a major expansion in its U.S. banking operations, adding 69 new retail locations to its roster, bringing the total to 103 in Florida. Between the three banks there are about 900 employees, though TD expects to hire more staff.

TD, which already has a major retail presence in the northeastern United States, says the acquisitions in Florida will help broaden its U.S. presence.

Fred Graziano, head of TD's U.S. retail banking, said the bank is confident that its agreement with the FDIC makes the acquisitions safe bets.

Fehr suggested that other Canadian banks could begin to feel pressure from their investors to follow in TD's footsteps with their own acquisitions south of the border.

"When you see TD make a deal like this, is kind of shifts a little bit of focus over to BMO and RBC," Fehr said. "Investors say 'OK, TD did something like this, why can't you?'"

THE CANADIAN PRESS

Banking On the rebound



Citigroup Inc. has provided more evidence that America's big banks may have turned a corner, reporting a first-quarter profit as trading revenue offset losses from failed loans. Citigroup says it earned US\$4.4 billion after payment of preferred dividends.

Suncor Energy begins operations at Syria facility

GAS Suncor Energy Inc. has kicked off commercial operations at its \$1.2-billion Ebla natural gas development in Syria, one of many international assets it took on through its takeover of Petro-Canada last year.

Canada's largest energy company began selling natural gas into the domestic market yesterday, after successfully commissioning and testing the project's wells, pipelines and other equipment.

"The team has delivered ahead of schedule, within

budget and with a strong safety record," Mark Little, senior vice-president, international and offshore, said in a statement.

Ebla covers more than 1,250 square kilometres in the central part of the North African country, and includes gas producing wells, gas gathering and compression stations, about 80 kilometres of pipeline and a gas treatment plant. It is designed to produce 80 million cubic feet of gas per day.

THE CANADIAN PRESS

Business in brief

LOANS General Motors Co. will fully repay the \$6.7-billion US loan portion of its U.S. government aid earlier than its previously promised payback date of June, a person briefed on

the plans said yesterday. The company has received a total of \$52 billion in U.S. government aid, with the \$6.7 billion considered a loan.

THE ASSOCIATED PRESS

What should you expect when iPhone 4.0 lands in June?

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Your Money

EDITOR: FERMIN.DESOUZA@METRONews.CA

Hidden costs in buying a home

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

Something about birds chirping and buds bursting sends us out shelter shopping. Whether you are a new homebuyer, a move-up buyer or downsizing, it's important to consider the costs of a house purchase that go beyond the selling price.

Downsizers, surprisingly, often make miscalculations when buying a home because many have been in their abode for a long time and, well, things have changed since you bought back in the 1970s.

Here are some standard costs to consider before you make your first offer.

1 Mortgage payment: Know the range of pos-

sibilities for varying amortizations, payment schedules (monthly, bi-monthly, weekly) and types and terms of mortgages. Keep a print-out handy to consult when homebuyer stars are blinding your eyes.

2 Mortgage insurance: With less than 20 per cent down payment you may need mortgage insurance. This can add a one-time cost of up to 2.75 per cent of your mortgage, usually added to the principal.

3 Home inspection: A must for re-sale homes. (Average, \$500).

4 Survey (certificate of location): If there isn't an up-to-date one available, plan on spending from \$750 to \$1,500.

5 Legal costs and disbursements: Depending on the province, they range from \$1,500 to \$2,500. Ask your lawyer for a detailed estimate. Optional

title insurance, which covers survey issues and undischarged mortgages relating to previous owners, is becoming increasingly common (\$250). There may be interest adjustments (\$100 to \$1,000) to cover any gap between closing date and first mortgage payment.

6 Property appraisal: This may be required by your lender. Some lenders include this as part of your banking package. (Otherwise, \$150 to \$200).

7 Vendor reimbursements: If the vendor has paid in advance for things such as taxes and fuel you will have to reimburse the vendor for the period from closing to year end.

8 Land transfer tax: Loathed by homebuyers, this may be levied in your area but there could be reductions for first-time or senior buyers.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

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MoneyMatters

Henry Choo Chong

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Q This October, my father turns 69 and my mother 65. Is this the last year for his RRSP contribution and can he transfer excess contributions to his TFSA?

— Gianni

A The year your father turns 71 is the final year he can make a Registered Retirement Savings Plan contribution to his own fund. However, he may continue to contribute to a spousal RRSP with your mom as the annuitant, and claim a deduction until she turns 71.

Undeducted RRSP contributions in excess of the allowable \$2,000 should either be deducted or withdrawn to avoid penalties by Canada Revenue Agency. Undeducted RRSPs cannot be transferred to a Tax-Free Savings Account without tax consequences.

Q My partner and I have a small catering business. It is not a corporation. Is the income earned in the partnership for 2009 taxable for that year or can we defer this income?

— Sadi

A Businesses are generally operated as non-incorporated (sole proprietorship, partnership) or incorporated. A corporation is a separate entity from the individual and may have varying year-ends. Individuals do not have to report income from the corporation unless they receive funds from the corporation, such as salary, bonus or dividends. On the other hand, a non-incorporated entity must report their income on a calendar year basis — January to December. Therefore, you and your partner must report for 2009.

Henry Choo Chong, CGA, can be reached at choochoonghcg@yahoo.ca and 416-485-5225.

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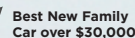
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[illegible]

Halifax's Kevin Mitchell will serve as director of operations for Team Atlantic at the world under-17 hockey challenge in Winnipeg from Dec. 28, 2010, to Jan. 4, 2011. Greg Leland of New Brunswick is the head coach. **METRO HALIFAX**

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA



Thomas heating up in Albany

DeAndre Thomas, who spent most of the season with the Halifax Rainmen, is averaging 19.0 points and 8.3 rebounds through three games since being released to play with the Albany (N.Y.) Legends of the International Basketball League. The six-foot-eight centre was a seldom-used reserve in Halifax. **METRO HALIFAX**



Guard Tony Bennett was a part of the Rainmen's starting five this season. That same group may not be intact next year.

Rainmen could see big changes

MATTHEW WUEST
matthew.wuest@metronews.ca

Better, but not good enough.

That's the blunt assessment of Halifax Rainmen owner Andre Levingston in the wake of his team's exit from the Premier Basketball League playoffs on Sunday after being swept in two straight by the Lawton-Fort Sill Cavalry in the Premier Basketball League semifinals.

The Rainmen, in their third year of existence, had their best season yet, going 13-7, setting a new mark for attendance and earning their first playoff spot.

"I'm excited with the growth, but it's not good enough," said Levingston, who also handles the club's general manager duties. "We have to get back to the drawing board and get better."

The Rainmen boasted a starting five that, on paper, could compete with anybody in the league, with point guard Gary Ervin, shooting guard Tony Bennett, small forward Desmond Ferguson, power forward Eric Crookshank and centre Larry Turner.

But change is looming. The Rainmen have taken note of the Cavalry's blueprint for success — a handful of core players who have been around for three seasons and have won

"With the roster we have now, it's not a group of guys that we think ... would be able to knock off Oklahoma."

Andre Levingston

back-to-back championships in the Continental Basketball Association.

"We have to get a group of guys that can compete every night like those guys, and keep them for a while," Levingston said.

"With the roster we have now, it's not a group of guys that we think, even if we kept them for two or three years, would be able to knock off Oklahoma."

Exactly where changes will be made is uncertain. Levingston wants more size at the guard position and more athletic options at the two and three positions that can "break you down off the dribble."

Levingston said his players all "worked hard" and "competed," but that they weren't "on the same page" to the level of the Cavalry, who were "just better than us."

But he said he is a couple of tweaks away from building a winner.

"I will not rest until I bring the city of Halifax a championship," Levingston said. "It's going to happen soon. We're close."

N.S. well represented in Boston

MARATHON Halifax's Rami Bardeesy and Dartmouth's Denise Robson enjoyed tremendous showings at the Boston Marathon.

The 41-year-old Bardeesy set a career-best time of two hours, 27 minutes and 22 seconds in the 114th edition of the fabled event in Hopkington, Mass., yesterday, finishing 48th overall on the 42.2-kilometre course.

Robson, also 41, was

next best among Bluenosers, finishing in 2:43:16 to place 24th among women, 283rd overall and first in the female masters class (ages 40 to 44).

Both Bardeesy and Robson finished as the top Canadians in their gender and highlighted a list of

more than 100 Nova Scotians who competed among the more than 25,000 runners.

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Denise Robson

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RazorSharks wanted Capitanes' 'best team' in PBL semifinal

MATTHEW WUEST
matthew.wuest@metronews.ca

PBL The Rochester RazorSharks are happy to be in the Premier Basketball League final, but aren't thrilled with how they got there.

The RazorSharks, who have won the past two PBL titles, beat the Puerto Rico Capitanes

132-108 on Sunday to sweep the semifinal in two straight.

But the roster the Capitanes brought to Rochester featured just six players and was missing all-star talents such as Elias Ayuso and Angelo Reyes and starters Jeffreion Aubry and Andres Rodriguez.

"I would be lying if I

said, personally, that it wasn't disappointing," reigning league MVP Keith Friel told the Rochester Democrat and Chronicle.

"We want everybody's best team and best shot."

The Capitanes were expelled from the PBL on March 30 for "fail-

ure to adhere to

here to league

rules" but were

reinstated

on April 8 after tak-

ing the PBL to court.

The RazorSharks will face the Lawton-Fort Sill Cavalry in the PBL final starting Thursday in Rochester in a clash of two of the top teams in minor pro basketball the past three seasons.

The RazorSharks feature Rainmen alumni Glen Dandridge and David Bailey.



Sports in brief

AUS VOLLEYBALL The Dalhousie Tigers men's volleyball team has added three recruits. Middle blocker Connor Maessen of Dartmouth, left side Alex Dempsey of Halifax and libero Bryan Duquette of St. Thomas, Ont., have all committed to the program for next season.

CURLING The Halifax-based

team of Mark Dacey and wife Heather Smith-Dacey were forced to withdraw from a mixed doubles curling championship being held in Chelyabinsk, Russia, because of travel restrictions from the ash cloud from Iceland's volcano. Korea, Scotland and Sweden also officially withdrew.

METRO NEWS SERVICES

Ervin, Crookshank get high praises from Levingston

MATTHEW WUEST
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BASKETBALL If owner Andre Levingston has his way, Gary Ervin and Eric Crookshank will be the cornerstones of the 2011 Halifax Rainmen.

"I will say without blinking an eye that Gary Ervin and Eric Crookshank are our priority guys to re-sign immediately," he said.

"Those two are one-two on our list."

Ervin, a six-foot point guard playing with a brace for a separated shoulder, was sensational down the stretch, averaging more than 18 points, seven assists and seven rebounds in his final 11 games.

Crookshank struggled in his final five games but was one of three Premier Basketball League players



Rainmen point guard Gary Ervin, playing hurt down the stretch, averaged more than 18 points, seven assists and seven rebounds over his final 11 games.

to average a double-double with 13.8 points and 12.6 rebounds.

Levingston called Ervin

"the best point guard in the league" and Crookshank "the MVP of the league, beside (Lawton-

Fort Sill Cavalry guard) DeAnthony Bowden."

Levingston didn't rule out re-signing leading scorer Tony Bennett, a shooting guard who played most of the season with nagging injuries, and sharp-shooter Desmond Ferguson, who led the league in three-pointers.

He said centre Larry Turner will be hard to bring back because he will have other options.

"We're going to sit down and have this exact conversation of who we want to return and who we want to move on," Levingston said.

As for head coach Les Berry, all signs point toward his return.

"Coach is very committed to coaching and I'm very committed to having him back," Levingston said.

Baseball nixes Rays manager's hoodies

Baseball's fashion police have raided Joe Maddon's hood. The Tampa Bay Rays manager has been told by Major League Baseball that he can no longer wear his favourite hoodie. Maddon likes to put on the pullover during cold days at the ballpark, but MLB said it's not approved for use during games. **THE ASSOCIATED PRESS**

sports **13**

Washington Capital Eric Fehr celebrates a goal by teammate Brooks Laich past Montreal Canadiens goaltender Jaroslav Halak last night during Game 3 of their Eastern Conference quarter-final.

Caps explode to take lead

(Washington leads 2-1)

Canadiens 1 Capitals 5



The Washington Capitals chased Jaroslav Halak with a four-goal second period and rocked the Montreal Canadiens with a 5-1 victory last night to take the lead in their NHL Eastern Conference quarter-final.

The Capitals hold a 2-1 edge in the best-of-seven series heading into Game 4 tomorrow night at the Bell Centre.

The first goal was the turning point as Boyd Gordon scored short-handed 1:06 into the second period. The goal came after Canadiens defenceman Jaroslav Spacek accidentally backed into Halak and knocked him down while trying to stop a two-on-one break.

Brooks Laich and Eric Fehr then scored as the

Caps got three in a six-shot span on Halak, who was pulled in favour of Carey Price at 8:33 of the second. Halak faced only 13 shots. Alex Ovechkin made it 4-0 and Matt Bradley added a late goal against Price, who faced 23 shots. Tomas Plekanec scored on a power play in the third period for Montreal.

The Canadiens outplayed Washington in the first period and had the sellout crowd of 21,273 singing Olé Olé. But the Capitals showed why they had the NHL's best regular-season record in the second, silencing the Habs with a display of their league-best attack at its deadliest.

The win followed Washington's 6-5 comeback win in overtime in Game 2, after which Ovechkin said Halak appeared to be rattled. While the Slovak goaltender came back with a strong opening period last night, he appeared to lose focus after allowing the first goal.

THE CANADIAN PRESS

Bergeron scores winner for Boston

(Boston leads 2-1)

Bruins 2 Sabres 1



NHL Patrice Bergeron scored the go-ahead goal with just more than six minutes left to give the Boston Bruins a 2-1 win last night and a 2-1 lead

over the Buffalo Sabres in their Eastern Conference playoff series.

Mark Recchi bumped Tim Kennedy off the puck in the right corner behind the Buffalo net and fed it to Bergeron, whose quick shot from the right circle beat Ryan Miller.

The sixth-seeded Bruins are home again for Game 4 tomorrow night.

THE ASSOCIATED PRESS

Sports in brief

FOOTBALL NFL commissioner Roger Goodell says Pittsburgh Steelers quarterback Ben Roethlisberger has violated the league's personal-conduct policy. The NFL is expected to discipline Roethlisberger, although it says there is no timetable for such a decision.

NFL The Philadelphia Eagles have dealt this year's fifth-round pick to Denver, which is sending tight end Tony Scheffler to the Detroit Lions, who will trade linebacker Ernie Sims to Philly. The Eagles announced the three-way deal in a statement yesterday.

ARENA Edmonton Oilers owner Daryl Katz made his bid for a new arena official yesterday with a zoning application for a large swath of land on the edge of downtown. In addition to an

arena that the NHL team would call home, the application calls for a casino and a mix of hotels, apartments, retailers, broadcasting and movie studios, exhibition and convention facilities and nightclubs.

SOCCER Liverpool beat visiting West Ham 3-0 in yesterday's only Premier League match to stay in contention for European qualification. Goals from Yossi Benayoun and David Ngog plus an own-goal from West Ham goalkeeper Robert Green at Anfield lifted Liverpool into sixth place over Aston Villa, which has played one fewer match.

NASCAR Denny Hamlin went ahead in the closing 12-lap shootout for a victory at Texas Motor Speedway yesterday, holding off Jimmie Johnson at the end to win

another rain-delayed race. Hamlin won for the second time in three races, both victories coming in races that were postponed by rain before being run on the first day of the week.

BOXING Former boxing champion Edwin Valero, who had a spectacular career with 27 straight knockouts and flouted a tattoo of President Hugo Chavez on his chest, hanged himself in his jail cell yesterday after being arrested for stabbing his wife to death, police said. The former lightweight champion used the sweat pants he was wearing to hang himself from a bar in the cell, said his lawyer, Milda Mora. Valero, 28, had problems with alcohol and cocaine addiction and struggled with depression.

METRO NEWS SERVICES

SCOREBOARD

NHL**YESTERDAY'S RESULTS**

Washington 5 Montreal 1
Boston 2 Buffalo 1
Vancouver at Los Angeles

TODAY'S GAMES

Phoenix at Detroit, 7:30 p.m.
New Jersey at Philadelphia, 8:30 p.m.
Chicago at Nashville, 10 p.m.
San Jose at Colorado, 11 p.m.

NBA**YESTERDAY'S RESULTS**

Cleveland 112 Chicago 102
Utah at Denver

TODAY'S GAMES

Milwaukee at Atlanta, 8 p.m.
Miami at Boston, 9 p.m.
Oklahoma City at L.A. Lakers, 11:30 p.m.
Portland at Phoenix, 11:30 p.m.

BASEBALL**YESTERDAY'S AL RESULTS**

Toronto 8 Kansas City 1
Tampa Bay 8 Boston 2
Detroit at L.A. Angels
Baltimore at Seattle

YESTERDAY'S NL RESULTS

Washington 5 Colorado 2
N.Y. Mets 6 Chicago Cubs 1
St. Louis at Arizona
San Francisco at San Diego

TODAY'S AL GAMES

Kansas City at Toronto, 8:07 p.m.
Texas at Boston, 8:10 p.m.
Cleveland at Minnesota, 9:10 p.m.
Tampa Bay at Chicago White Sox, 9:10 p.m.
Detroit at L.A. Angels, 11:05 p.m.
N.Y. Yankees at Oakland, 11:05 p.m.
Baltimore at Seattle, 11:10 p.m.

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EDITOR: EMMA.YARDLEY@METRONEWS.CA

CELIA MILNE
for Metro Canada

prescription for meditation? That's right: Meditation, not medication.

Have you ever received a

A health centre in Van-

couver especially for cancer patients promotes the idea of getting well by pursuing meditation, mindfulness, relaxation, eating

well, fitness and even laughter in addition to regular cancer treatments. And studies show this program really works.

"Engaging in healthy living is treatment," says Dr. Teresa Clarke, one of four medical doctors at InspireHealth.

"Our 'prescription' could take a page and a half," she says.

InspireHealth integrates the concepts of health and healing into cancer treatment and recovery.

The idea is to empower patients to play an active role in their health.

"People who do follow an integrated approach in addition to surgery, chemotherapy and radiation, have a better quality of life and health outcomes," says Clarke, who is director of outreach services at the centre.

"It's important to look after the rest of the person."

Studies show an integrated approach can reduce risk of recurrence, improve survival and increase quality of life.

Founded in 1997 by two medical doctors, InspireHealth has now served more than 5,000 cancer patients.

The first appointment with a doctor is 90 minutes, and patients discuss all aspects of their lives — how are they doing in terms of nutrition, exercise, mind-body practice, relationships, laughter, joy, spirit and passion.

Patients then enrol in a \$440, two-day LIFE program to learn how to inte-



Nurturing the body, mind and spirit as a whole can help diminish the risk of recurrence of cancer in patients.

"People who do follow an integrated approach in addition to surgery, chemotherapy and radiation, have a better quality of life and health outcomes."

Dr. Teresa Clarke
a medical doctor at
InspireHealth

grate many of these healing practices into their life. Vitamin supplementation is an important part of InspireHealth's treatment programs.

For instance, there is solid evidence that getting sufficient amounts of vitamin D can decrease risk of certain diseases such as multiple sclerosis, cancer and cardiovascular disease, says Clarke. InspireHealth recommends cancer pa-

tients take 2,000 I.U. per day of vitamin D.

The services of the four doctors who work at InspireHealth are covered by the B.C. Ministry of Health, so the program is quite unique in Canada.

Patients come from as far away as Newfoundland and P.E.I.

"Interest is taking off across the country," says Clarke.

Other aspects of patients' health often get better when they engage in the integrated program, including rheumatoid arthritis, depression, asthma, cardiovascular disease, high blood pressure, diabetes and high cholesterol, says Clarke.

"You don't have to wait until you have the shock of a diagnosis of cancer. We all need to look at our lives and see where we can nurture our body, mind and spirit."

"Get at the underlying cause of disease. It applies to everybody in the population."

High Blood Pressure?

If you have high blood pressure, you may be eligible to participate in a voluntary clinical research study of an investigational medication for high blood pressure.

Qualified participants will receive, at no cost, the following study-related procedures:

- Blood pressure monitoring
- Laboratory tests
- Physical exams
- Electrocardiograms (ECGs)
- Office visits
- Study Medication

Compensation for time and travel may be available.



To learn more about this high blood pressure research study, please call our Halifax/Dartmouth office at 1-877-34-STUDY (1-877-347-8839)

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Nail news for a new season

JANINE FALCON
for Metro Canada



From trendy shades to no-soak manis to long-lasting pro finishes that require little or no drying time, nail adornment has become the new lipstick.

HUE, ONLY BETTER

When nail colour went to the dark side after forever of no-notice neutrals, nails gained new beauty footing and is showing no sign of backing down.

"Polish is that affordable luxury moms can pick up for a few bucks when they're shopping for their kids," says Ann Tall, vice-



China Glaze Nail Lacquer in Sneaker Head, \$6.60 at select salons

president of retail sales for drugstore brand Nicole by OPI.

"And a great colour gets compliments!"

A Spring hit is Make Mine Mint (\$10.95), an unabashed bright green shimmer.

Also expected to shine is the limited-edition Gossip Girl collection, due in August, which includes a shimmery green-tinged navy called Too Rich For You.

At the salon, taupe-grey is still strong with OPI's You Don't Know Jacques (\$10.95) in the lead, says Leanne Colley, owner of Tips Nail Bar & Spa in Toronto.

Also hot: Bright coral, such as China Glaze's Sneaker Head (\$6.60), clear exuberant red, like OPI Red My Fortune Cookie, and orange à la Prada's Spring runway lip.

DRY RUN

A "dry" manicure isn't new — Colley's been doing them for about 15 years — but it's relatively uncommon. The concept is simple: a regular mani, but no finger soaking before polish.

"Soaking makes the nails expand," explains Colley.

By the time they revert



Trendsetter Rihanna in Pink with Golden Moons Minx, by celeb manicurist Kimmie Kyees for the Rude Boy Video.

to pre-waterlogged form, the polish is already on, dry, and, undermined by nail shrinkage, chip prone.

"A dry manicure, depending on the client, should give at least an additional two or three days."

Minx is a different kind of dry. Adhesive film



Nicole by OPI in Make Mine Lime, \$10.49 at drugstores and Walmart

rather than polish, Minx requires a pro for precise application and a heat lamp to seal it to the nail in a zero drying-time finish.

"I have clients who got two weeks' wear," raves celeb makeup artist Andrea Claire (andreaclaire.onsugar.com), who recently Minxed up Hillary Scott of Lady Antebellum. Available in an array of nail looks from standard to outrageous — think multi-colour, animal prints, lace and plaid — Minx is hot

with celebs such as Katy Perry, Beyoncé, Lady Gaga and Rihanna. From \$55; minxnails.com for salons.

YOU GELLIN'?

About a year ago gel nails got an update with OPI Axxium Soak-Off Gel Lacquer, a thinner, flexible alternative to standard gel and acrylic.

Designed for natural nails, it's available clear and in an edited range of OPI shades.

Pre-gel nails need a bit of a rough surface-buff to improve adhesion, but the key, says skilled esthetician Rita Remark, is a light touch. Each coat — base, two of colour and one top — requires a few minutes under a UV lamp to cure the gel.

After the last step, nails are completely dry with a no-chip durable finish that lasts "as long, as three manicures," says Remark, also of Tips, where the service starts at \$50.

Removal requires a 30-minute soak-off salon visit. New in salons this May from Creative Nail Design is a polish/gel hybrid called Shellac, which promises to last two weeks.

Like Axxium, it requires UV light to cure the polish and dries in minutes.

Removal is down to about 10 minutes, with acetone. Expect cost to be comparable to Minx and Axxium.

Hot little pinkies



L'Oréal Paris Pro Vernis Glossy in Mango, \$5.95 at drugstores



Sally Hansen Complete Salon Mani in Commander in Chic, \$7.95 at drugstores



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celebrate remember fight back

Oil aboard, everyone

The lowdown on botanical and essential oils

JANINE FALCON
for Metro Canada

Part of our growing determination to take a more natural approach to beauty is a renewed interest in botanical (plant-based) oils.

"They're excellent moisturizers, nourishing for skin and hair," says Alana Decourt, aesthetician at Haven Spa in Sidney, B.C. "Oils are the main ingredients in many leading skincare products, and have been used in body care for centuries."

Oils such as argan, olive, coconut, rosehip and sea buckthorn are rich in fatty acids (lipids) as well as other vitamins, proteins and minerals, which the skin needs to stay supple and healthy.

Essential oils, so named because they're considered the "essence" of the fragrant plant from which they're distilled, can also contribute to well-being via their aromatic properties. Lavender and peppermint are examples.

Decourt, whose intuitive touch has blissed-out the likes of Halle Berry and Jessica Biel, recommends using moisturizing oils after a bath and exfoliation.

Essential oils are ideal for diffusers, and can also be added to the bath. But before embarking on an intensive oil-up regimen,



Not all oils are created equally. Educate yourself on what's good for what before using them.

consult a trained aromatherapist, she cautions. Some oils are more potent than you might think.

"Risks can be as minor as triggering a breakout, or as serious as aggravating existing health conditions," explains Rose Husen, a registered massage therapist at Concepts Salon & Spa in Toronto.

In addition to researching how certain oils can affect certain conditions, such as hypoglycemia, high blood pressure or pregnancy, be aware that most oils should not be used undiluted.

"Direct contact with the skin can cause irritation and burn," she says.

"You need a carrier."

Unless you're sourcing oils from specialty stores, you'll find most oil-based beauty products are blended with skin-friendly carrier oils, such as sweet almond, grapeseed, avocado, olive, sesame, sunflower and jojoba. Cocoa butter and shea butter also serve as excellent carrier agents.

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An argan aside

Detangling the facts on one of the most popular oils around



• One of the hottest oils right now is argan. High in Vitamin E and moisturizing lipids, it can be used in its pure form on skin and hair.

• Moroccan oil, however, a popular hair treatment, is sometimes confused with argan oil. Although it contains some argan, which does come from Morocco, the bulk of the serum's formula is actually silicone, which is key to detan-

gling and glossing dry, unruly and brittle hair.

Live Clean Exotic Nectar Argan Oil hair treatment is a silicone-free blend of botanical ingredients that includes argan, grape seed and olive oils.

• Like Moroccan oil, despite its texture, it's a serum, not an oil. Unlike silicone products, which deliver immediate payoff, this one needs time to impart its benefits.

JANINE FALCON/FOR METRO CANADA



Live Clean Exotic Nectar Argan Oil Treatment (left) \$11.99.

Moroccan Oil Treatment (right) \$39, both at drugstores



Burt's Bees Vitamin E Body & Bath Oil, \$9.99 at drugstores



J.R. Watkins Mango Body Oil, \$7.99 at drugstores, jrwatkins.com



Palmer's Cocoa Butter Formula Moisturizing Body Oil, \$7.99 at drugstores



Weleda Sea Buckthorn Oil, \$22.99 at well.ca



Josie Maran Argan Oil, \$58 at Sephora



Dr. Hauschka Birch Arnica Body Oil for sore muscles, \$22.95 at Sephora



Lancôme Nutrix Royal Body Dry Body Oil, \$55 at department stores



Yves Rocher Night Time Body Oil, \$22, yves-rocher.ca

Finding the balance between macho and maintenance

The J Spot



metronews.ca/thejspot

My guy's not really the spa type. I just can't see him get-

ting excited about a "Pumpkin Peel" but treatments available specifically for men, like this one at Vancouver's Absolute Spas are becoming more and more popular.

The sexy Burt Reynolds chest rug of the '70s is long gone. With the rise of the Metrosexual in the '90s and the more recent trend of "manscaping," seems men are getting massaged, waxed, polished and, well quite frankly, acting like a

bunch of girls.

Men now make up nearly a third of all spa-goers, according to the International Spa Association, which oddly seems to only carry stats on U.S. spas. The Canadian Spa Association didn't have stats but one can assume more and more Canadian guys are going too.

Personally, I'm quietly impressed by a guy who's confident enough in his masculinity to have his dry

skin buffed by microbeads of volcanic pumice as they do in the Defense Zone Facial for Men at The Camelback Inn in Arizona. And frankly, women have long known that you have to be tough as well-manicured nails to endure a genital waxing.

While there seems to be some concern that this primping and pampering is threatening more traditional notions of masculinity — real men are hairy,

smell like horses, and don't fuss over their looks — I think it's about time.

Given the work women have been putting into their appearances for ages, it only seems fair that guys at least worry a little bit about, oh, I don't know, their back hair.

Most spas are clearly trying to make the experience as "ungirly" as possible. The Men's Zone Spa at Caesar's Palace in Las Vegas features a big screen TV so

guys can get pampered while watching the game.

The popularity of the Old Spice campaign launched recently is the perfect example of this new masculinity. Today's man is manly enough to sail a yacht but sensitive enough to buy us diamonds and offer us two tickets to that thing you love.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

ADVERTISING FEATURE

Physician-based cosmetic practice opens its doors

The concept for the Renu Cosmetic and Reconstructive Surgery Clinic was born when Dr. Louis Bourget and his partners saw the difficulties of patients not getting what they needed, or getting the wrong treatment options.

"Patients were frustrated with the fact that they were getting many treatments, but weren't getting the results they

Renu offers the basics of physician-based skin care to laser treatments for hair removal, scar revision, skin tightening, etc. [as well as] facial fillers, body contouring and sculpting...

wanted," Dr. Bourget says. "They felt they had to go from clinic to clinic to find a solution."

He envisioned a place where patients could go to find solutions to all of their concerns. This dream became Renu, which opened its Spring Garden Road practice in November 2009.

Since then, patients have been spreading the word that Renu is different. The clinic doesn't push treatments that aren't right for the patient, but will guide them to the best solution. "Whatever you need, we can offer it, but we're not going to do something we feel isn't right for you," Dr. Bourget says.

Renu is a unique, patient-centered nexus where people can get the treatment they need, from the basics of physician-based skin care to laser treatments for hair removal, scar revision, skin tightening, etc. Renu also offers facial fillers, body contouring and sculpting with the Accent, and is the only clinic east of Montreal to offer the new UltraShape technology. If surgery is required, Renu works with the

East Coast MediCenter or Scotia Surgery to provide solutions. "This allows us to help the patients surgically and non-surgically," Dr. Bourget explains.

These procedures include privately-insured services like face lifts, breast augmentations, vein stripping, etc.

"From the hair to the toes, the idea is that you can get everything done. Non-surgically, if we can, or surgery, if they're candidates," he says.

Mary, a 71-year-old patient, came to Renu because she was unhappy with her drooping jaw line, and a friend recommended Renu.



(left) Renu's contemporary reception sets the stage for the latest in cosmetic treatments. (right) Dr. Bourget consults a patient about her concerns.

"The staff are warm and welcoming. The nurse took me in the consultation room and explained everything in great detail. She asked how I felt about cosmetic surgery and about my expectations," she says.

"When I met with Dr. Bourget, I felt comfortable discussing my concerns with his excellent bedside manner, great attitude and confidence. Dr. Bourget and the nursing staff at Renu are extremely accommodating. Even when I requested to be awake

during surgery, they made it happen."

renü

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To learn more about Renu Cosmetic + Reconstructive Surgery and the complete list of services that are offered, go to Feelrenud.ca, call 492-1586, or stop by the clinic at 5943 Spring Garden Road.

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Jack Daniel's introduces new ready-to-drink cocktails this month. They will be available in four-packs of 355ml cans (\$10.95 each) and will be offered in three varieties: Jack & Cola, Jack & Lemonade and Jack & Iced Tea. **METRO NEWS SERVICES**

Food



Add fruit to your dinner plate

If you found it hard to get the five daily servings of produce you've been told for years you need, you'll probably find it even harder to get the seven to 10 servings recommended by Canada's Food Guide. But adding a fruit chutney or compote to your dinner plate — rather than just over a dessert — can help nudge you along. Chutneys and compotes are both good choices, especially between seasons when fruits aren't necessarily at their best.

THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

A fresh blend of seafood

Mediterranean Seafood Stew

SERVES 6

INGREDIENTS:

- 1 medium onion, finely chopped
- 1 1/2 tsp minced garlic, divided
- 1 Tbsp olive oil
- 250 g plum tomatoes, seeded and diced
- 1 tsp grated lemon peel
- 1/4 tsp crushed red pepper flakes
- 1 cup clam juice
- 1/3 cup white wine
- 1 Tbsp tomato paste
- 1/2 tsp salt
- 500 g red snapper fillets, cubed
- 500 g uncooked large shrimp, peeled and deveined
- 250 g sea scallops
- 1/3 cup minced fresh parsley
- 1/3 cup light mayonnaise

METHOD:

1. In Dutch oven, sauté onion and 1/2 tsp garlic in oil until tender. Add tomatoes, lemon peel and pep-



Corn Salsa Tostadas.

per flakes; cook and stir 2 minutes.

2. Add clam juice and wine, tomato paste and salt. Bring to boil. Reduce heat; cover and simmer 10 minutes or until heated through.

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3. Add fish, shrimp, scallops and parsley. Cover and cook 8-10 minutes or until fish flakes easily with fork, shrimp turn pink and scallops are opaque. Combine mayonnaise and remaining garlic; dollop on to each serving.

Corn Salsa Tostadas

YIELDS THREE DOZEN

INGREDIENTS:

- 3 flour tortillas
- 3/4 cup light sour cream
- 3 tsp minced cilantro, divided
- 2 scallions, finely chopped
- 1/4 tsp garlic powder
- 3/4 cup fresh or frozen



Pineapple Buttermilk Sorbet.

combine corn, tomato, jalapeno, orange juice, oil, salt and remaining cilantro; cover and refrigerate.

3. Just before serving, spread 1 tsp sour cream mixture over each tostada. Using slotted spoon, top each with teaspoonful of corn salsa.

Pineapple Buttermilk Sorbet

SERVES 10

INGREDIENTS:

- 2 cups 1% buttermilk
- 540-ml can unsweetened crushed pineapple, undrained
- 3/4 cup sugar

METHOD

1. In bowl, combine all ingredients; stir until sugar is dissolved. Pour into 9-in. square dish. Cover and freeze 1 to 1 1/2 hours or until mixture begins to harden.

2. Stir; freeze 3-4 hours longer or until firm, stirring occasionally. Remove from freezer 20-25 minutes before serving.

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Grill-friendly

Though my barbecue sits out on my back deck all year long it really only sees action in the spring and summer. Not so on my neighbour's porch. The blizzard of the century could be hitting town and he'd still be out there grilling breakfast, lunch and dinner.

I take my barbecuing cue (pun intended) from the yearly time changes. But even though she's been on active duty for a few weeks, I still haven't done much more than flip a few burgers.

Wine wise there's nothing wrong with that. Simple grilled meats work well with any number of liquid partners and hamburgers (even loaded with eclectically flavoured condiments) call for easy-to-drink, straightforward wines with a slant towards the red side.

In the decade of the 00s the go-to burger wine was the Yellow Tail Shiraz (\$11.95 - \$12.99) from Australia's Casella Wines. The current 2008 is in line with previous vintages; offering bright, jammy berry fruit flavours and a subtle smokiness.

This decade Argentina's Zuccardi Fuzion Shiraz Malbec (\$7.45 - \$9.99) is hot on [yellow tail's] tail with its bargain basement price and dark and spicy profile. The just released 2009 vintage is as laid-back and grill-friendly as the 2008.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.



Mediterranean Seafood Stew.

Cookbook typo

An Australian publisher is reprinting 7,000 cookbooks over a recipe for pasta with "salt and freshly ground black people." The typo was in the Pasta Bible recipe for spelt tagliatelle with sardines and prosciutto. **THE ASSOCIATED PRESS**

The *skinny* on French cooking

Guiliano's new recipe book reminds us to eat slowly, laugh and share our food

CELIA MILNE
for Metro Canada



Mireille Guiliano — of French Women Don't Get Fat fame — has that lovely French accent that, when describing food, makes you dream of sitting on a sunny Parisian patio noshing on a baguette and stinky cheese while sipping a heaping glass of vin rouge.

Guiliano is at it again: Trying to get Americans and Canadians to slow down and enjoy their food. She's just published The French Women Don't Get Fat Cookbook (Atria Books) and is currently on tour promoting it.

Metro caught up with her on the phone and asked her why French women don't get fat. "They cook," was her short answer. The longer version is that the French have 300-plus years of gastronomy and rituals to guide them. A lot of it is



ANDREW FRENCH/PHOTO

The best-selling author of French Women Don't Get Fat, Mireille Guiliano, releases her follow-up cookbook next week.

not conscious, she says. "It comes from our mothers and the grandmothers."

As she sees it, zipping back and forth between Manhattan and Paris, North Americans are fascinated but afraid of food, forever dieting and restricting.

French women eat a wider variety of foods, but in small quantities, and make special time to cook and eat. "To connect with food, you have to go to the market, feel it, taste it, smell it. Eat food that is local and seasonal. That's the way we eat in France," she says.

"You don't need huge piles of food," says Guiliano, who has written several books — this is the first cookbook — in the French Women Don't Get Fat series. "Don't eat in a hurry. The average American eats a meal in four to eight minutes. It takes 20 minutes for your brain to realize you are full," she says. "If you eat fast, those are wasted calories. You gulp it down. You gain weight."

It's a bad habit, for instance, to eat lunch at your desk while multi-tasking. "Eat slowly. Chew. Put your fork down between bites. Use all your senses," Guiliano has been on Oprah, Dateline and the Today

Show spreading her message.

The French Women Don't Get Fat Cookbook, with 150 recipes, reminds us to eat, laugh and share. Guiliano is particularly proud of the Miracle Leak

Soup — good for detoxing and sure to shave off several pounds in one weekend. "Soup is filling and it is mostly water, so it's very good for you."

Above all, fear not. "Cooking is an act of love,

self-expression, nourishment, seduction, relaxation. It is a sexy like a kiss. A union between human beings, engaging all one's senses. It's like playing jazz; you can never cook the same dish twice."

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www.bbc.co.uk/bloom/actions/lowtempwashing.shtml
and www.carbonfootprint.com/energyconsumption.html,
assumed 187 washes a year on 40 degrees instead of 60.

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metronews.ca

True Blood star Alexander Skarsgaard was allegedly restrained by police Saturday at the Coachella Music Festival. Pacific Coast News reports the actor was photographed being held back by a police officer, fists clenched, after he became angered by a paparazzo. USMAGAZINE.COM

Skarsgaard restrained by police, report says

Entertainment

Family ties

Gwyneth Paltrow will no longer be playing Nicole Kidman's wife in *The Danish Girl* after deciding she would rather spend more time with her family, the actress tells *Harper's Bazaar*. POPEATER.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Plants and Animals amp it up

Montreal act shakes jam label on new disc

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

Attention Plants and Animals fans: The band would like to declare that the genre they now fit into is BBQ rock.

It's anyone's guess what that is, but one thing's for sure, it's as meaningless as that other tag they've lived with over the last couple of years — jam band.

I've never quite been able

to figure out why they were slapped with the jam rock title, and neither have they. "We didn't understand how that happened," says guitarist and vocalist Warren Spicer. "We don't really jam out that much."

It probably started after someone saw the Montreal-based band's live show, where they often jam out on *Guru*, a nearly seven minute track off the group's Polaris-nominated debut *Parc Avenue*. The title hasn't hurt the group, says Spicer, if anything it introduced them to an audience they otherwise wouldn't have reached. Those fans may be bit disappointed then to find the new record, *La La Land*, is a

heavier affair. They employ plenty of electric guitar and move from alt-rock on *American Idol* (which includes a hilarious sax solo) to light soulful sounds on *Kon Tiki*.

Besides more distortion, the new record doesn't shift styles in a major way, though Spicer does admit spending two years on the road with his bandmates — drummer Matthew Woodley and bassist/keyboardist Nicolas Basque — did have an affect on their sound.

"When we did the first record we were all working day jobs and trying to figure out how to record," he says.

"When we toured we played the songs a lot more electric," Spicer says. "I got



Plants and Animals' *La La Land* is out today.

geeked out and started getting into pedal."

There's no doubt that this album is better. They've ditched their Radiohead-like atmospherics, African drums and most of the airy sounds, but kept the lush

harmonies and upbeat rock that is best illustrated on *Parc Avenue's* *Bye Bye Bye*.

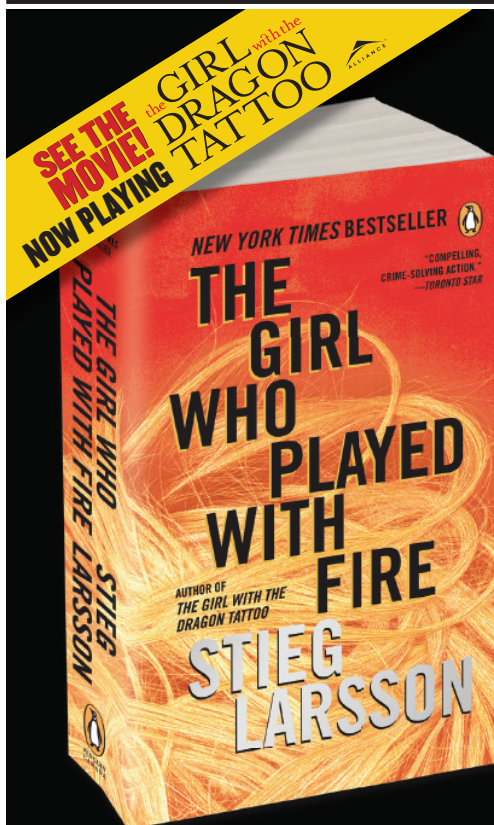
It's not all great, however. Opener *Tom Cruz* is a sluggish and weighed down in a dense layer of guitars, keys and brooding

vocals. But the single *The Mama Papa* is an excellent and uplifting radio-friendly rock track that may very well push these guys into the mainstream.

In any case, *Plants and Animals* are moving in the right direction. If they need to do anything, it's learn how to answer questions about weird titles. But this time it's not a genre, but the song *Tom Cruz*.

"We could have changed it to avoid being asked that," says Spicer with a laugh. "It doesn't mean anything. We were just so psyched to be in the studio that we were drinking rum and Cokes and jumping around like Tom Cruise."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic.



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Sharon's implants in Ozzy's hands

Sharon Osbourne says she's having her breast implants removed this summer and will give them to her husband, rocker Ozzy Osbourne, as a paperweight. The 57-year-old reality TV star is currently competing on NBC's *The Celebrity Apprentice*. **THE ASSOCIATED PRESS**



DVD picks

Avatar

Director: **James Cameron**

WOULDN'T YOU THINK that the DVD release of *Avatar*, The Movie That Changed The Face Of Cinema™, would be an occasion to bang the drums, blow the trumpets and give critics an advance look at the product?

Not according to director James Cameron and Jon Landau, who have opted to go the no-peeking route in advance of Thursday's home video rollout of their multi-billion-dollar baby.

They don't want to give any more of a head start to the pirates — Landau calls *Avatar* the "most bootlegged film in history" — but they insist it will be worth the wait.

It might be, if you dampen expectations considerably. The regular DVD and Blu-ray packages will both be missing the 3-D experience that made *Avatar* the most successful movie in history.

You'll also have to use a computer rather than a DVD player, if you want to make use of the very few



special features.

Cameron hasn't reinvented the wheel or found a new way to butter popcorn with his epic space fantasy. What he has done is successfully made a digital blockbuster feel as warm as an old-time movie, where blood temperature was more important than pixels.

He's created an alien world called Pandora that seems completely real, although it's lit like a fluorescent painting and populated by semi-naked blue aliens called Na'vi, who stand 10 feet tall and wave long tails.

Their numbers come to include Earthling Jake Sul-

ly (Australia's Sam Worthington), a paralyzed U.S. Marine, whose human form remains in suspended animation while his life force assumes the form of a Na'vi warrior (the avatar of the title).

This complicates allegiances on both sides, especially when Sully catches the eye of winsome female Na'vi archer Neytiri (Star Trek's Zoë Saldana). She helps negotiate the many fearsome animals roaming Pandora, especially winged dragons known as the Banshee, which riders must risk their lives to tame.

This saga of a so-called civilized man joining a not-so-primitive tribe is hardly original, and early suggestions that *Avatar* would play like an interplanetary *Dances With Wolves* have been largely borne out.

Narrative beefs aside, Cameron stands second to none in his drawing of heroes (and heroines) and villains, and he's a dab hand at placing romance within catastrophe.

There are no deleted or extended scenes or direc-

tor's commentaries. We'll have to wait for the inevitable special edition release of *Avatar*, which maybe will also be in 3-D.

The Young Victoria

Director: **Jean-Marc Vallée**

PROUD QUEBECER Jean-Marc Vallée (C.R.A.Z.Y.) and British screenwriter Julian Fellowes (Gosford Park) share a vision of Queen Victoria as a dewy monarch struggling to serve her subjects while following her heart toward the awkwardly charming Prince Albert, and having to do so in the midst of royal machinations that are quite rightly compared to a chess game.

What emerges is a genuinely affecting love story, although it takes patience to negotiate the early intrigue.

Extras include nearly 22 minutes of deleted and extended scenes and several featurettes, including one that gives the low-down on the real Queen Victoria.

Peter Howell/for Metro Canada

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4/20/10	31	31	31	ABC	News Center 5	World News	Inside Edition	Chronicle	Dancing With the Stars	Lost: The Last Recruit		(11:02) V (N)
	7	7	7	ASN	The Road to Avonlea		Degrassi: TNG	TMZ (N)	Dancing With the Stars	The Middle	Old Christine	(11:02) V (N)
	11	11	11	CBC	Wheel Fortune	Jeopardy! (N)	NHL Hockey Pittsburgh Penguins at Ottawa Senators	(HDTV) (Live)			National	NHL Hockey
	2	2	2	CBC-F	Pyramide (SC)	Union-Force	Virginie (SC)	La Factice (N)	Beautés desespérées (SC)	Musee Eden (N) (SC)		Le Téléjournal
	32	32	32	CBS	WBZ News (N)	Evening News	Wheel Fortune	Jeopardy! (N)	NCIS: Faith (HDTV)	NCIS: Los Angeles		The Good Wife
	69	69	69	CFTM	TVA nouvelles	Le Cercle (SC)	La Fiebre de la danse (SC)		Camera café	Text 0-22 (SC)		Glee (HDTV) (N)
	6	6	6	CHIF	Entertainment	ET Canada	The Good Wife "Bad"		NCIS: Faith (HDTV)			News Final (N)
	9	9	9	CJCH	etalk	Access H.	Law & Order: SVU		American Idol			CTV News
	10	10	10	ELTV	(6) EastLink Television				Podium TV			
	36	36	36	FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	American Idol			Fox First
prime time	12	12	12	NBC	News (N)	NBC News	Access H.	Extra (N)	The Biggest Loser A contestant gets devastating news.			Paranthood (N)
	29	29	29	NW	(6) Power & Politics		The Lang & O'Leary Exchange		Connect with Mark Kelley (N)			National
	4	4	4	PBS-B	PBS NewsHour (N)		Greater Boston	Maria Hinojosa	NOVA (HDTV) (DVS)			Frontline
	35	35	35	PBS-D	PBS NewsHour (N)		Business Rpt.	Michigan	NOVA (HDTV) (DVS)			Frontline
	68	68	68	TQS	Guerre clans	Atomes croch	Big Brother QC	Roxy (N) (SC)	CSI: NY (SC)			L'Attaque à 5
	23	23	23	BNN	Business News	Headline	Market Call Tonight		The Close	Market Call		Business News
	18	18	18	CNN	Situation Room-Wolf Blitzer		John King, USA (N)		Campbell Brown (N)			Squeeze Play
	54	54	54	GOLF	Golf Central	Play Lessons	Learning	Inside PGA	John Daly	John Daly		World of Golf
	52	52	52	RSE	Connected W-Prime Time		MLB Baseball Kansas City Royals at Toronto Blue Jays	From Rogers Centre in Toronto.				Sportsnet Con.
	55	55	55	SCOR	After Wrestling	Covers Experts	Cabby online	NBA Basketball Teams TBA. (Live)				Score Now
news	45	45	45	SPD	Barrett-Jackson 2007		NASCAR	NASCAR Hub	Race in 60 (HDTV) (N)			Drives
	53	53	53	TSN	SportsCentre	NHL Hockey Phoenix Coyotes at Detroit Red Wings	(HDTV) (Live)		NHL Hockey: Blackhawks at Predators			NASCAR Hall of Fame (HDTV)
	43	43	43	FAM	Han. Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han. Montana		Ned's School
	44	44	44	TOON	Jimmy Two	Johnny Test	Johnny Test	Total Drama	Total Drama	6TEEN		American Dad
	26	26	26	TREE	Wendy Peters	3rd and Bird	Backyardigans	Night Garden	Waybuloo	Toopy & Binoo		Little Bear
	27	27	27	YTV	ICarly	To Be Indie	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris		Family Biz
	16	16	16	A&E	The First 48 (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)			Criminal Minds
	70	70	70	APTN	APTN National News (N)		Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall		Rez Rides
	50	50	50	BET	106 & Park: BET's Top 10 Live Top		10 Countdown (N)		I Do... I Did! (2009, Comedy) Cherie Johnson, April Scott.			Tiny & Toya
	37	37	37	BRVO	Emily of New Moon		Live at the Rehearsal Hall		Audience Neil Diamond			Spect
sports	25	25	25	CMT	Hottest Men of Country		Amer. Funniest Home Videos		Reba			Home Improve.
	49	49	49	COM	Just for Laughs		Killer Next Door		Corner Gas	Name Is Earl		Fit-Conchords
	153	153	153	COM	Killer Next Door		Daily Planet (N)		Crime Files	Dumb Criminal		Killer, Door
	38	38	38	DISC	Destroyed	Destroyed	House Hunters	Property Virgin	How It's Made	How It's Made		Deadly Catch
	34	34	34	HGTV	Extreme Makeover: Home		House Hunters	Property Virgin	Outdoor Room	Curb/Block		House Hunters
	46	46	46	HMT	Ancients Behaving Badly		Aftermath (HDTV)		Cities of the Underworld			Nostradamus
	17	17	17	MM	Buff the Vampire Slayer		Gossip Girl (HDTV)		Degrassi: Next	Degrassi: Next		Muchmusic Countdown
	19	19	19	MMM	mmtop10.ca		The Daily Fix		Ranked!			Hammertime
	201	201	201	M1	Unstable Fables: Tortoise vs. Hare (2008)			(8:25) The Cove (2009, Documentary)		Julie & Julia (2009, Comedy-Drama)		
	48	48	48	OLN	Mantracker		Ghost Hunters		Destination Truth			Ghost Hunters
family	51	51	51	PEACH	Friends	Seinfeld	MLB Baseball Philadelphia Phillies at Atlanta Braves	From Turner Field in Atlanta.		Oper. Repo	Oper. Repo	Seinfeld
	206	206	206	PDX	(5:30) Godzilla (1998)		Exotica *** (1994, Drama) Bruce Greenwood		The Longest Yard ** (2005, Comedy)			
	67	67	67	RDI	RDI monde	RDI économie	24 Heures en 60 minutes		Grands reportages (SC)			RDI économie
	39	39	39	SHOW	Trailer Park	Trailer Park	Relic Hunter		Tell Me No Lies (2007, Suspense) Kelly Rutherford.			Californication
	40	40	40	SLICE	Til Debt-Part	Wedding SOS	Rich Bride Poor Bride		Party Mamas	Party Mamas		Wedding SOS
	47	47	47	SPACE	Stargate SG-1		Stargate Atlantis (DVS)		Star Trek: Voyager			Fringe
	14	14	14	SPIKE	Deadliest	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV) (N)			Deadliest
	98	98	98	STAR	etalk	Look-A-Like	TMZ		The Ellen DeGeneres Show (N)			Dr. Oz Show
	21	21	21	TLC	Say Yes-Dress	Say Yes-Dress	Ultimate Cake Off		Your Kid Ate What? (N)			Chocolaters
	56	56	56	34 TROP	End of Leash	Last 10	The Celebrity Apprentice (HDTV) (N)		Dog Whisperer			End of Leash
cable variety	20	20	20	TVS	Que.-champion	Journal de Fr2	Zoom animal		Partir autrement			ADN: Accel.
	28	28	28	V	Just Cause		Murder, She Wrote		May-December	When I Laugh		Unscripted (N)
	60	60	60	97 VIVA	Psychic Inv.	Encounters	Cold Case		Missing "Sea of Love"			Cold Case
	22	22	22	W	House-Sell	House-Sell	Supernanny		Style by Jury	Grocery Bag		Cold Good
	251	251	251	WGN	WGN Evening News		MLB Baseball Chicago Cubs at New York Mets. From Citi Field in Flushing, N.Y.					WGN News

critics' corner

NCIS

When the enlisted son of a retired colonel-turned-preacher (Joe Regalbuto, "Murphy Brown") is found dead, the team thinks he may be the victim of a hate crime. At home, Gibbs (Mark Harmon) tries to get to the reason behind his father's recent change in behavior while the latter is visiting. Ralph Waite ("The Waltons") guest stars as Gibbs' dad. Michael Weatherly, David McCallum and Pauley Perrette also star in "Faith." 9 PM on CBS



An Audience With Neil Diamond

With sales of 115 million records, Neil Diamond is ranked third on the list of the most successful artists ever. In this special, he looks forth on his life and career before an audience that includes Tim Rice, Dame Judi Dench and Alison Steadman, among others, before launching into his greatest hits. He performs such old favorites as "Cracklin' Rosie" and "Sweet Caroline" along with songs from the 2008 album "Home Before Dark." 9 PM on BRVO



For April 19th

- Taio Cruz Ft Ludacris - Break Your Heart
- Lady Gaga - Alejandro
- Drake - Over
- Adam Lambert - Whataya Want From Me
- Sean Kingston Ft Justin Bieber - Eenie Meenie
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Newlyweds Isla Fisher and Sacha Baron Cohen appear to be expecting a second child, as Fisher stepped out recently in L.A. with a very noticeable baby bump, according to Popsugar. **METRO NEWS SERVICES**

Celebrity Buzz

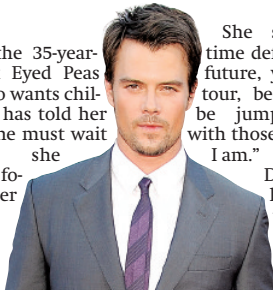
Duhamel wants seven kids with Fergie

HAPPY, SLEEPY, DOPEY, STRIPPER, PUBLIC APOLOGY, CAREER REHABILITATION AND DOC Josh Duhamel wants seven children. The actor can't wait to start a family with wife Fergie because he wants as many kids as possible, femalefirst.co.uk reports.

He said: "I have always loved kids. I am happy with one, but I will take

seven."

While the 35-year-old Black Eyed Peas singer also wants children, she has told her husband he must wait because she needs to focus on her career commitments first.



She said: "Some-time definitely in the future, yes. After the tour, because I can't be jumping around with those other boys if I am."

Duhamel, 37, has also revealed the pair have discussed adopting a disad-

vantaged youngster.

He told America's OK! magazine: "I would love to adopt, especially the more you learn about the kids that are out there that need parents. I am a supporter of adoption."

METRO NEWS SERVICES

Madonna raves about Madonna Glee episode

SHE THOUGHT THE MUSIC WAS GREAT While she previously said she'd never heard of the show, Madonna has reportedly seen the episode of Glee devoted to her music — and she's impressed.

"I thought the Madonna episode of Glee was brilliant on every level," she tells Us Weekly. "The dialogue and the entire script was genius. I completely appreciated the layers of irony, especially when all those macho boys sang What It Feels Like For A Girl. The entire cast was amazing."

Follow these celebrities on Twitter...

CelebTweets

PINK is trying to avoid chores, **ADAM LAMBERT** is setting the record straight, **ELIZA DUSHKU** is experiencing new things, and **JUSTIN BIEBER** is hoping he doesn't get stranded.

@Pink Does anyone wanna unpack my bus for me? Ill give you 5 dollars.
@adamlambert Not playing Angel in RENT. :) rumors...
@elizadushku I slept with termites last night. For real. Some dead, some alive & crawling. Major growth, folks.

@justinbieber this is crazy. the cloud from the volcano in iceland is almost here and they are canceling all the flights...everyone is trying to leave

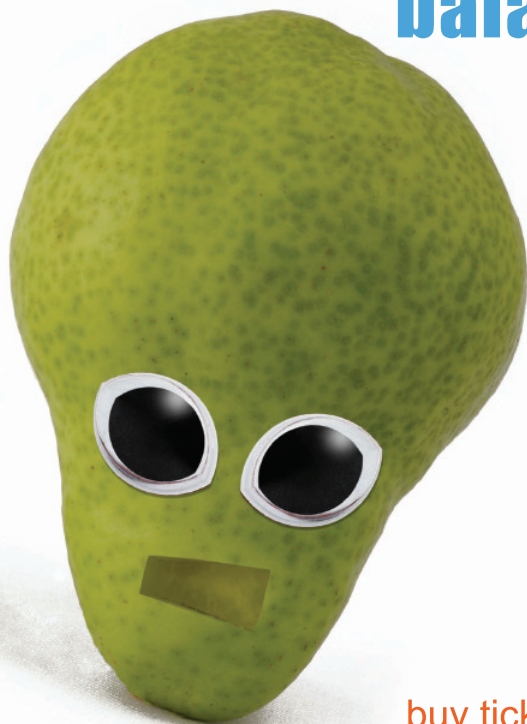
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Underwood has 'no stress' about wedding details

BESIDES, THOSE ARE THE THINGS US WEEKLY TAKES CARE OF With love, life and career going so wonderfully for Carrie Underwood, why get anxious about a little thing like a wedding?

That seems to be the country star's attitude, particularly after winning the cov-

eted entertainer of the year prize for the second straight year at Sunday's 45th Academy of Country Music Awards, people.com reports.

"We're not people who stress about anything," Underwood, 27, told People about planning her nuptials with hockey player Mike Fisher. "We just focus on a few of the main things, and everything is like, whatever."

METRO NEWS SERVICES

Cibrian heckled at CMAs

JESSE JAMES: WELCOME TO YOUR FUTURE, PART I Eddie Cibrian and LeAnn Rimes laughed their way through the orange carpet at Sunday's Academy of Country Music Awards. But it was hardly a laughing matter when he hit the stage, us-magazine.com reports.

When Cibrian, 36, presented an

award to Lady Antebellum, people in the press room yelled, "Cheater."

A year ago, Us Weekly broke the news that Rimes, 27, and Cibrian had an affair while shooting a Lifetime movie. A short time later, they announced that their respective marriages — hers to Dean Sheremet; his to Brandi Glanville — were over.

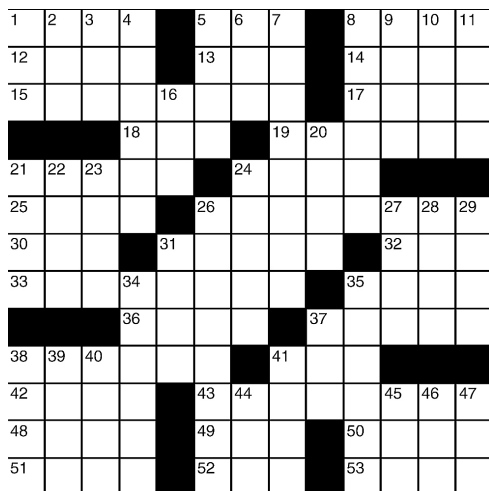


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Take Five



ACROSS

- 1 Actor Pitt
- 5 Pro
- 8 Stereo counterpart
- 12 Tittle
- 13 Citrus beverage
- 14 First victim
- 15 Maryland city
- 17 Highway
- 18 Allow
- 19 Librarians' devices
- 21 Escargot
- 24 "Goldberg Variations" composer
- 25 Hemingway sobriquet
- 26 "Sesame Street" lesson
- 30 Donkey
- 31 George Harrison's "Isn't It —"
- 32 Listener
- 33 Icy desserts
- 35 British art museum
- 36 Germany's — Mountains
- 37 Drunkard
- 38 Elk

- 41 Resistance measure
- 42 Privy to
- 43 People of Lhasa
- 48 Showroom sample
- 49 Anger
- 50 Medley
- 51 Rams fans?
- 52 Wray of "King Kong"
- 53 Vegan's no-no

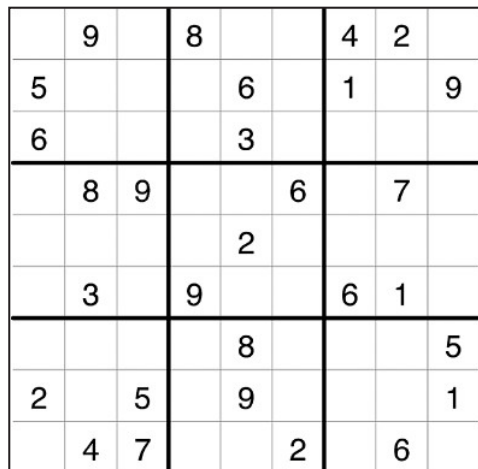
DOWN

- 1 Lobster eater's need
- 2 Fish eggs
- 3 Lawyer (Abbr.)
- 4 Pale violet
- 5 Quick
- 6 Peculiar
- 7 Does some more tweaking
- 8 First First Lady
- 9 Reed instrument
- 10 Approach
- 11 Automaker
- 12 Ransom Eli —
- 16 Moray, for one
- 20 Sore
- 21 Hot tubs

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

1	5	6	7	8	9	4	3	2
2	3	7	1	5	4	6	8	9
8	4	9	3	6	2	1	5	7
9	6	8	2	4	3	5	7	1
5	7	2	8	1	6	9	4	3
3	1	4	5	9	7	2	6	8
4	8	3	9	2	5	7	1	6
6	2	1	4	7	8	3	9	5
7	9	5	6	3	1	8	2	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Louisiana Seafood Gumbo

INGREDIENTS:

- 250 g peeled, deveined large shrimp
- 3 tbsp all-purpose flour
- 3 tbsp canola oil
- 1 large onion, chopped
- 1 red pepper, chopped
- 4 cloves garlic, minced
- 3 1/2 cups chicken broth
- 2 cups okra pods, sliced
- 2 bay leaves
- 1 tsp thyme
- 1/2 tsp cayenne pepper
- 250 g turkey sausage, sliced
- 250 g lump crab meat, picked over and flaked
- 1 cup shucked oysters, undrained

METHOD:

1. Rinse shrimp and pat dry; refrigerate. For roux, in heavy Dutch oven, stir together flour and oil until smooth. Cook over moderate heat, stirring constantly, 5 to 7 minutes or until

roux is dark brown.

2. Add onion, red pepper and garlic. Cook 8 to 10 minutes or just until vegetables are tender, stirring frequently. Gradually stir in broth. Stir in okra, bay leaves, thyme and cayenne. Bring to boil. Lower heat and simmer, covered, 10 minutes. Add shrimp, crab and oysters. Bring to boil. Lower heat and simmer, uncovered, until shrimp and crab turn opaque. Discard bay leaves. Spoon off fat. Serve with rice.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
In recent weeks you have been very much your own boss but as the Sun moves out of your sign you need to be a bit more realistic.

TAURUS
APRIL 21-MAY 21
No matter how many disappointments you may have suffered in recent weeks better times are just around the corner — you can feel them.

LIBRA
SEPT 23-OCT 23
Over the next few days you will be confronted with some money-making opportunities. It's up to you whether or not you take the risk.

SCORPIO
OCT 24-NOV 22
The Sun's entry into your opposite sign marks the halfway point of your solar year, making this the ideal time to look back over the past six months.

GEMINI
MAY 22-JUNE 21
The Sun moves into the most sensitive area of your chart today and because of that there is a danger you could get a bit depressed. It will pass.

SAGITTARIUS
NOV 23-DEC 21
Don't feel envious just because someone has done better than you. Not even a Sagittarius can be Number One all the time.

CANCER
JUNE 22-JULY 22
Don't try to impose your beliefs on other people today because they simply won't listen. They've got their own views after all.

CAPRICORN
DEC 22-JAN 20
The past few weeks may have been frustrating but the Sun's change of signs will put a spring in your step and bring a smile to your face.

LEO
JULY 23-AUG 23
As the Sun crosses the mid-heaven angle of your chart today you are sure to feel more ambitious than usual. You can accomplish great things.

AQUARIUS
JAN 21-FEB 18
Your instincts seem to be telling you that there is bad news on the way but don't jump to conclusions.

VIRGO
AUG 24-SEPT 22
If you have plans to be on the move over the next few days they are sure to go well. At this time of year you want to break free of restrictions.

PISCES
FEB 19-MARCH 20
Today's challenges may not be enjoyable but you are ready for them and determined and you'll approach them in the right frame of mind.

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(including service charges): \$403

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Costa Marina

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Breakfast daily • Standard rm. • 3 nts.

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*Taxes & other fees (including service charges): \$242

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*Taxes & other fees (including service charges): \$242

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Gran Bahia Principe

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